

**Maine Integrated Youth Health Survey
Sanford School Department
(MIYHS)**

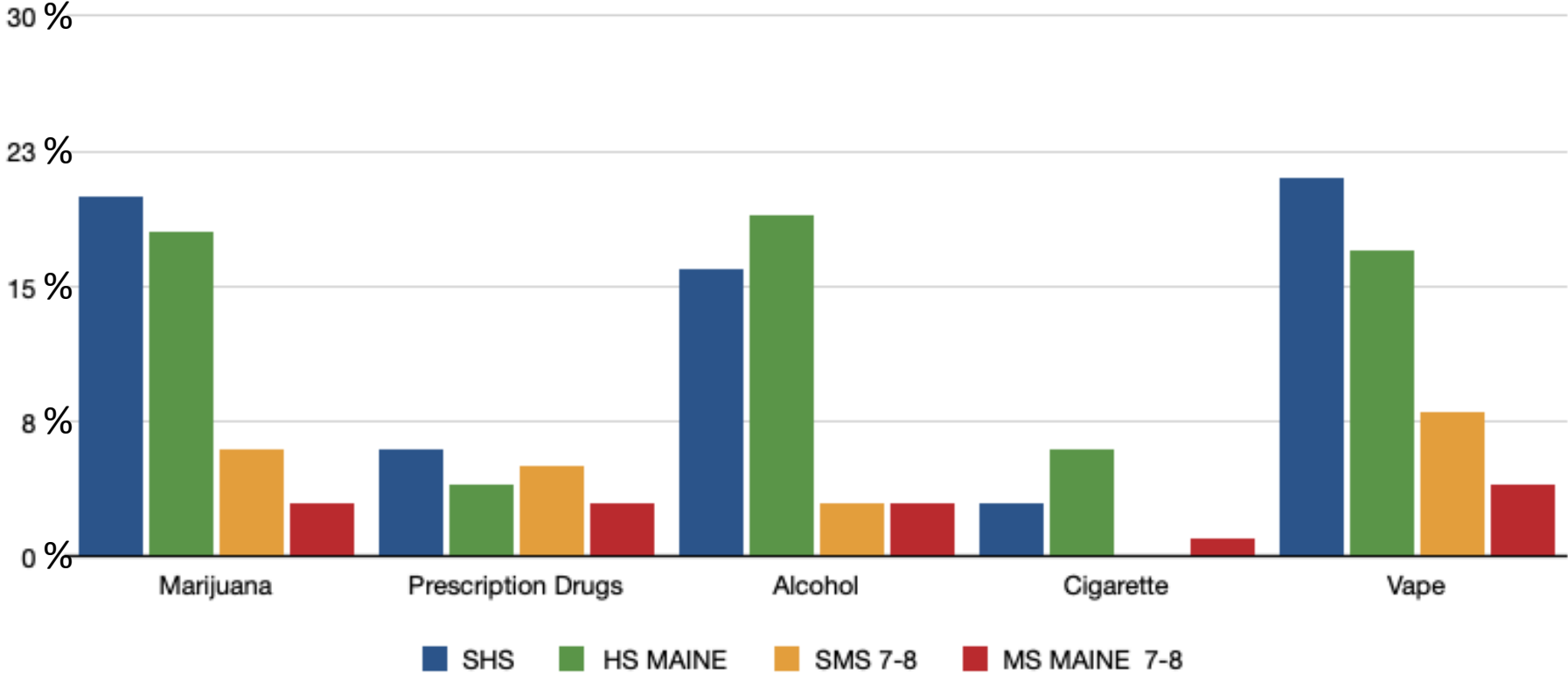
Fall 2021 Results

Purpose

The purpose of this presentation is to share data from the 2021 Maine Integrated Youth Health Survey to identify needs and future interventions.

Student Participation		
Sanford Middle School 5-6	Sanford Middle School 7-8	Sanford High School 9-12
375 Students OCT 1 st Enrollment 465 81%	360 Students OCT 1 st Enrollment 486 74%	724 Students OCT 1 st Enrollment 1087 67%

Reported Current Substance Use



*2021 Current Use is determined by reporting use at least once in the past 30-days.

SHS VS. Statewide High School Trends

CURRENT 30 USE - SANFORD HIGH SCHOOL ONCE 30 Days

Marijuana

↑ Above state average
(20% VS 18%)



1 in 5 SHS Students has used **marijuana**
*Down 3% from 2019

RX Medications

↑ Above state average (6% VS 4%)

1 in 5 SHS Students has used an **electronic Vape**
*New Question in 2021

Alcohol

↓ Below state average (16% VS 19%)



16% of students have had at least one alcoholic drink in the past 30 days

Tobacco

↓ Below state average (3% VS 6%)

VAPE

↑ Above state average (21% VS 17%)

*Prescription Medication Use means taking a medication **without a doctor's prescription.**

SMS VS. Statewide Middle School Trends

Marijuana

↑ Above state average
(6% VS 3%)

RX Medications

↑ Above state average
(5% VS 3%)

Alcohol

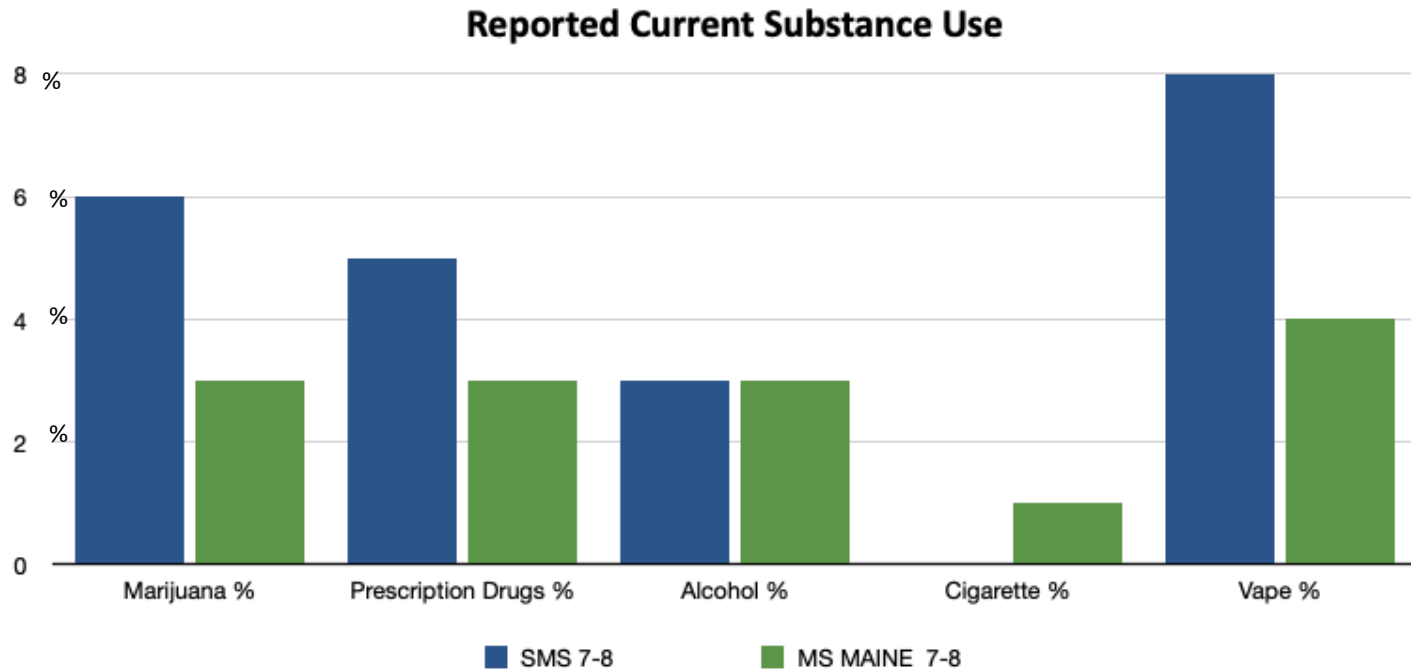
≡ In-line with state average (3%)

Tobacco

↓ Below statewide average (less than 1%)
State Average 1%

Vape

↑ Above statewide average (8% VS 4%)



*2021 Current Use is determined by reporting use at least once in the past 30-days.

Risk Factors



What do we know to be contributing factors to youth at risk of developing a substance use disorder in their lifetime?

**Early
onset of
use**

**Access to
substances**

**Perceived
harm of
substances**

**Childhood
Trauma**

**Mental
Health
Issues**

**Family
History of
Substance
Use**

**Perceived
Community
and
Parental
Acceptance
of
Substance
Use**

Marketing & Social Media, A Risk Factor

For \$1 the alcohol industry spends on youth advertising, youth drink 3% more each month.

American teens on social networking sites daily are 5x likelier to use tobacco, 3x likelier to use alcohol & 2x as likely to use marijuana compared to those who don't.

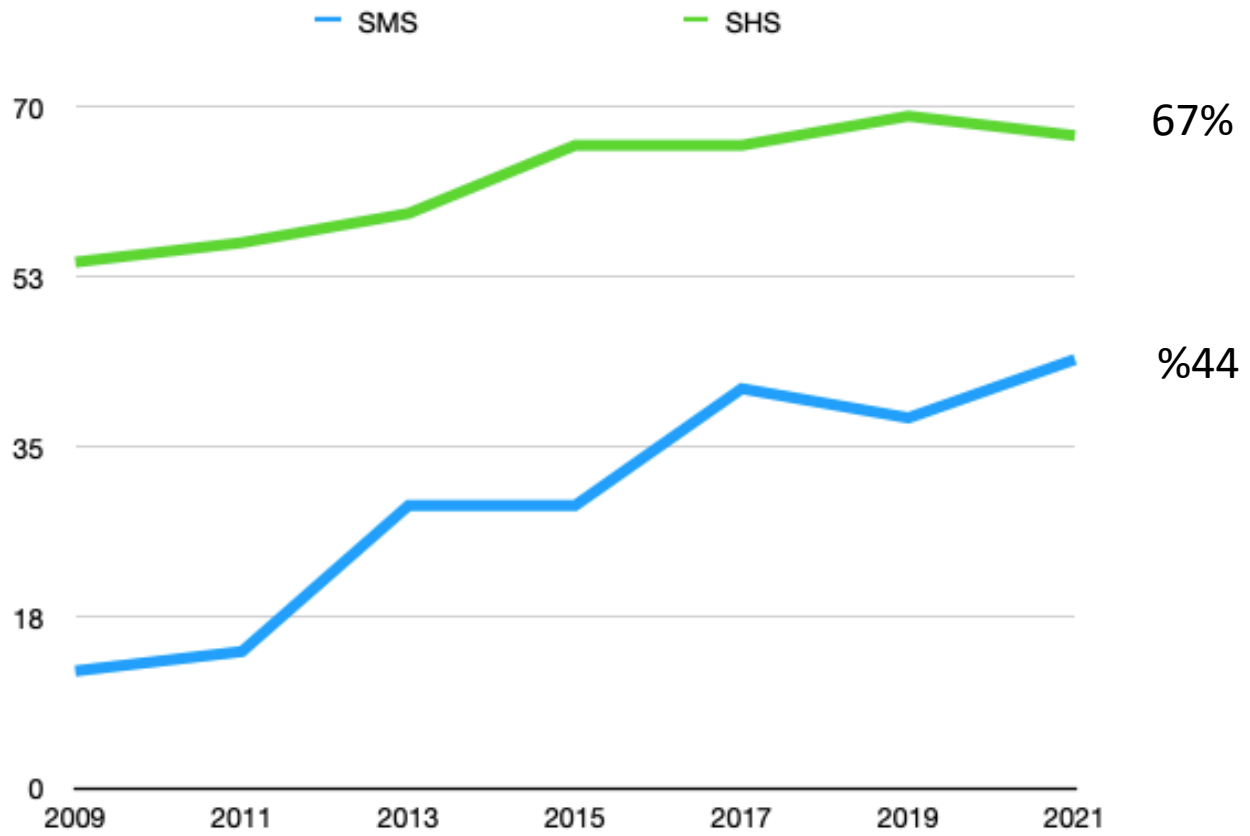
Maine law states that advertisements cannot involve mass-market advertising/campaigns that have a high likelihood of reaching persons under 21 years of age.

Teens ARE the target!



Marijuana Perception of Harm

How much do you think people risk harming themselves (physically or in other ways) if they use marijuana once or twice a week?



65% of all high school students in Maine

38% of all middle school students in Maine

Marijuana Access & Use

21%

of Sanford Middle School students reported that it would be easy or very easy to get marijuana. (State Average 18%)

46%

of Sanford High School students reported that it would be easy or very easy to get marijuana. (State Average 47%)

10%

of Sanford Middle School students reported using marijuana at least once. (State Average 7%)

32%

of Sanford High School students reported using marijuana at least once. (State Average 31%)

Perception of Harm, Access, & Age of 1st Alcohol Consumption

36%

of Sanford High School students think people risk harming themselves Physically or in other ways) if they have 1 or 2 drinks of alcohol. (Down from 41% in 2019)

52%

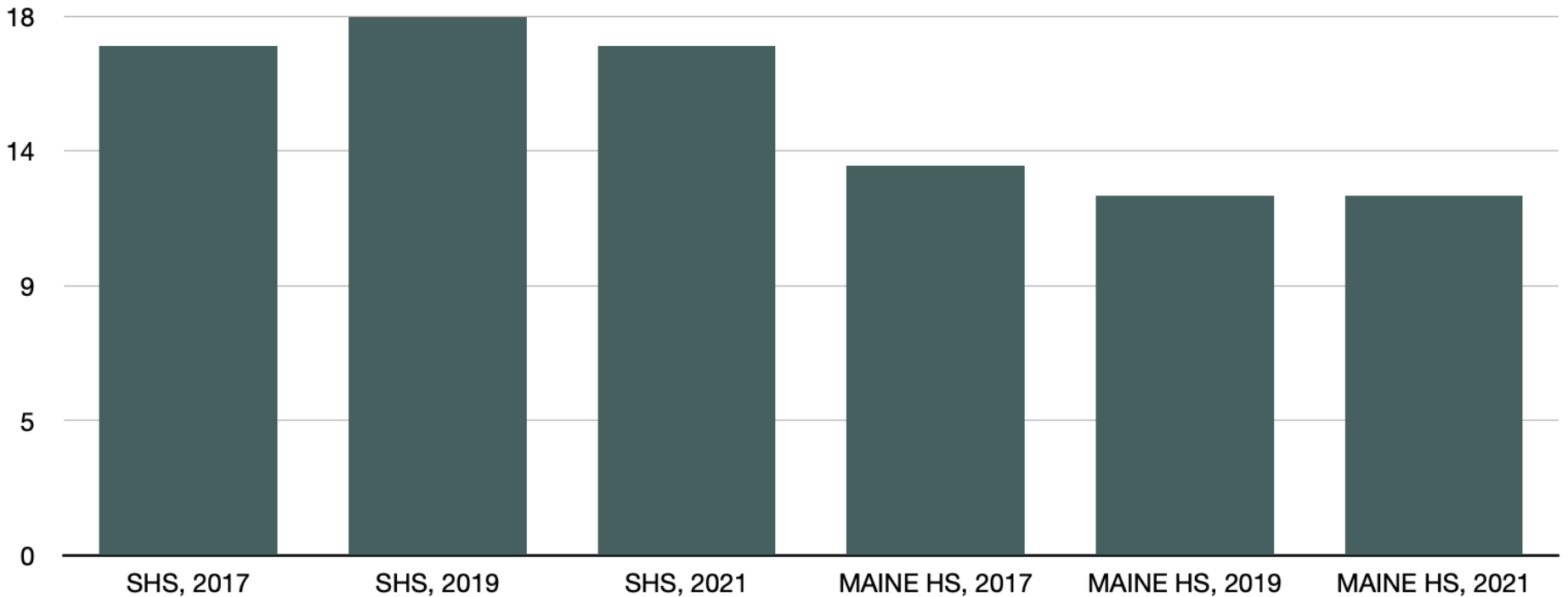
of Sanford High School students reported that it would be easy or very easy to get alcohol. (Down from 58% in 2019)

13%

of Sanford High School students reported consuming alcohol other than a few sips did so before the age of 13. (Down from 14% in 2019)

Perception of Harm, Rx

How much do you think people risk harming themselves (physically or in other ways) if they take a prescription drug that is not prescribed to them?

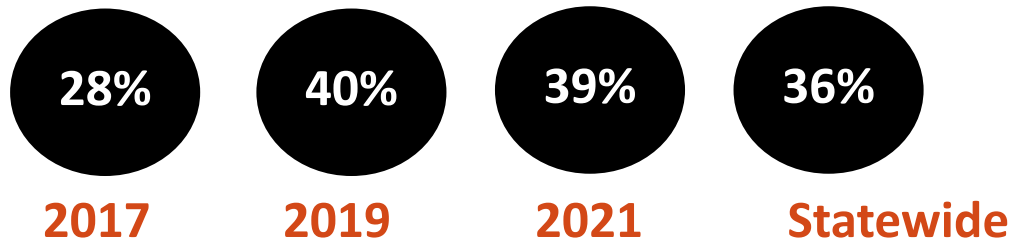


(RX Medications listed: OxyContin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax)

Suicidal Ideations

High School Students:

During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?



2021-
25% of Sanford Middle School students have seriously thought about killing themselves.

2017: 20%

2019: 22%

Statewide: 20%

2021-
21.3% of Sanford High School students have seriously thought about killing themselves.

2017: 20%

2019: 24%

Statewide: 19%

Bullying

2021-

45% of Sanford Middle School students were bullied on school property in the past year.

2017: 48%

2019: 58%

Statewide: 41%

2021-

20% of Sanford High School students were bullied on school property in the past year. (23% SHS Students reported electronic bullying)

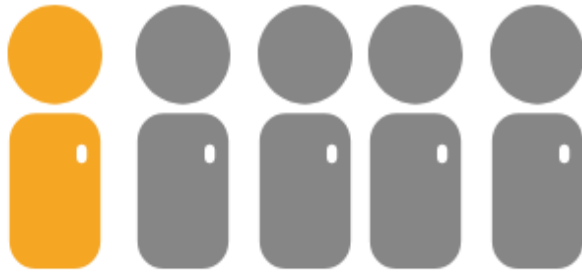
2017: 27%

2019: 34%

Statewide: 16%

Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences are potentially traumatic events that occur in childhood (0-17).



About 1 in 5 Maine high school students have experienced **4 or more ACEs**

Students with **4 or more ACEs** are significantly more likely to...



Currently smoke cigarettes



Currently use alcohol



Have been bullied at school

**This data reflects students statewide & has not been collected prior to the 2019 survey.*

ACEs & Substance Use

High School Students with 4+ ACEs

14x

more likely to use tobacco

less than 4 ACEs, 4%

34x

more likely to use alcohol

less than 4 ACEs, 18%

37x

more likely to use marijuana

less than 4 ACEs, 17%

38x

more likely to have been bullied

less than 4 ACEs, 18%

21%

of Maine high school students in York County have experienced 4 or more ACEs.
(1 in 5)

Protective Factors

Students agree that at least one of their teachers really cares about them and gives them support when needed.

70% of SHS students

72% of SMS students



44%

of SHS students agree that they feel like they matter to their community, compared to **52%** of high school students statewide.

49%

of SMS students agree that they feel like they matter to their community, compared to **55%** of middle school students statewide.

How often does one of your parents talk with you about what you are doing in school?

81% of SHS students

87% of SMS students

answered "about every day" or "about once or twice a week"

Important Data Points to Take Away

- ✓ Higher rate of depression 37% and suicidal ideation 25% at SMS compared to middle school students statewide **30%, 20%**. SHS also reported a higher rate of depression at 39% compared to high school students statewide **36%**.
- ✓ 8% of SMS students and 21% of SHS students reported using an electronic vape device in the past 30 days. **This rate is significantly higher compared to 4% of middle school students and 17% of high school students statewide.**
- ✓ 29% of SHS students who have tried marijuana tried before the age 13. **This rate is significantly higher compared to 19% of high school students statewide.**
- ✓ 5% of SHS students reported housing instability (anything other than “In my parents or guardians home”). **This rate is significantly higher compared to 2% of high school students statewide.**

Community Approach To Prevention & Support

